

MEALS ON WHEELS NORTH CENTRAL TEXAS

SEPTEMBER 2024 VEGETARIAN

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 • Online www.mownct.org/cancel-my-meal

2	3	4	5	6
<p>CLOSED</p>  <p>LABOR DAY</p>	<p>Cheese Manicotti & Alfredo Sauce Bean Blend Butternut Squash Whole Wheat Bread Margarine Milk Fig Bar Cookie</p>	<p>Cheese Ravioli & Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie</p>	<p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Orange Juice</p>	<p>Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Milk Raisins</p>
9	10	11	12	13
<p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice</p>	<p>Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Milk Apple Cereal Bar</p>	<p>Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies</p>	<p>Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Whole Wheat Bread Margarine Milk Orange Juice Graham Crackers</p>	<p>Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk Strawberry Cereal Bar</p>
16	17	16	19	20
<p>Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice</p>	<p>Cheese Manicotti & Alfredo Sauce Bean Blend Butternut Squash Whole Wheat Bread Margarine Milk Fig Bar Cookie</p>	<p>Cheese Ravioli & Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie</p>	<p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Orange Juice</p>	<p>Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Milk Raisins</p>
23	24	25	26	27
<p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice</p>	<p>Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Milk Apple Cereal Bar</p>	<p>Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies</p>	<p>Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Whole Wheat Bread Margarine Milk Orange Juice Graham Crackers</p>	<p>Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk Strawberry Cereal Bar</p>
30				14
<p>Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice</p>				

This menu is based on product availability, substitutions may be made.